

MEATLOAF

Serves 4

Ingredients

Ground beef 80/20
Onion, small dice
Bread crumbs
Eggs, large
Worcestershire
Italian seasoning
Garlic powder
Spaghetti sauce

Amount

1 pound
1 small or ½ cup
1 slice or ½ cup
1 egg
1 teaspoon
1 teaspoon
1 teaspoon
About ½ cup

Method:

- In a large bowl mix all ingredients with CLEAN hands
- Place mixture on a pan with sides (so grease won't make a mess) in a shape of a loaf.
- Make sure it is even so it will cook evenly
- Refrigerate if you are not going to cook immediately
- Put meat loaf in a pre-heated 375 oven for 30 minutes. Take out of oven and pour the rest of the spaghetti sauce on the meatloaf, place back in oven and continue baking until done, about 20 - 30 minutes more.

